

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A443 – PINEAPPLE, CANNED, TIDBITS, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B canned pineapple tidbits with light syrup and/or pineapple juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12 cups) pineapple tidbits and juice.</li> <li>One #10 can AP yields about 67.3 oz (8¼ cups) drained pineapple tidbits and provides about 33.4 ¼-cup servings drained pineapple tidbits OR about 50.1 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup pineapple tidbits and juice or ¼ cup drained pineapple tidbits provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pineapple in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of pineapple covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Pineapple, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (128 g)
Calories	33	66
Protein	0.23 g	0.45 g
Carbohydrate	8.47 g	16.95 g
Dietary Fiber	0.5 g	1.0 g
Sugars	7.97 g	15.94 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	9 mg	18 mg
Sodium	1 mg	1 mg
Magnesium	10 mg	20 mg
Potassium	66 mg	132 mg
Vitamin A	24 IU	48 IU
Vitamin A	1 RAE	3 RAE
Vitamin C	4.7 mg	9.4 mg
Vitamin E	0.01 mg	0.01 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Pineapple can be used right from the can, chilled, or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese.</li> <li>• Combine with other canned, fresh, or frozen fruit for fruit cups or compotes.</li> <li>• Serve heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying pineapple.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>